Real Organic Nutrients Makes A Meal More Satiating

By Joachim Bartoll | Jan. 30th, 2025

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A lot of studies nowadays are a total waste of time and resources. Most of the time when browsing new "study finds" and summaries, you will likely keep repeating the question, *"how the f**k did they come up with researching such a useless and retarded thing?"* Well, today's study summary from Examine.com is no exception. Hopefully I can salvage it by adding something useful.

> *"In this randomized crossover trial, 44 adult participants ate sourdough or yeast bread for breakfast. The researchers looked for glucose concentrations post-meal and energy consumption at lunch."*

Sourdough or yeast bread? Bread? Really? Bread is just as bad as the atrocious oat-meal garbage. It's one of the worst, most toxic and useless slave "foods" ever invented. And as with anything plant-based, calling it a "food" is a misnomer. It's just a toxic edible with almost zero nutritional value. Sheesh.

And glucose concentrations, as in how quickly the toxic glucose enters the bloodstream is irrelevant due to their backwards thinking. It's the total glucose exposure and how long it lasts that is the real offender — as in the total time soft tissues are being exposed to unnaturally elevated levels of glucose.

And as for energy consumption in the following meal, considering that bread has zero nutritional value, it will not differ in size as their bodies will still "scream" for nourishment, as in making them hungry and ravenous for "food."

> *"The sourdough and yeast breads were made from the same whole-wheat flour and were similar in energy content."*

If they were similar in energy content, that meant that they had about the same concentration of carbohydrates, so in that sense, the sourdough bread will be

more harmful as the increased fiber content and lactic acid will make these carbohydrates enter the bloodstream as glucose "slower," as in for a longer period of time, thus doing more damage to soft tissues and organs over time.

Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues.

Elevated blood glucose levels can lead to a range of serious complications, including:

- **Heart Disease**: High blood glucose levels can damage blood vessels, increasing the risk of heart disease, heart attacks, and strokes.
- **Nerve Damage (Neuropathy)**: Prolonged exposure to high blood glucose can damage nerves, causing numbness, tingling, and pain in hands and feet.
- **Kidney Disease (Diabetic Nephropathy)**: Uncontrolled blood glucose levels can damage kidneys, leading to kidney failure and the need for dialysis.
- **Gum Disease (Periodontitis)**: High blood glucose levels create an environment conducive to bacterial growth, increasing the risk of gum disease and tooth loss.
- **Dementia**: Research suggests that elevated blood glucose levels may contribute to the development of vascular dementia, a type of dementia caused by decreased blood flow to the brain.
- **Mood Disorders**: High blood glucose levels have been linked to an increased risk of depression, anxiety, and other mood disorders.
- **Eye Problems**: Prolonged hyperglycemia can damage blood vessels in the eyes, leading to conditions such as diabetic retinopathy, cataracts, and glaucoma.

> *"Glucose concentrations were lower at 15 and 30 minutes after eating sourdough bread than after eating yeast bread. C-peptide levels (an indicator of insulin production) were lower for 90 minutes after sourdough consumption than after yeast bread."*

Yes, because sourdough bread contains more lactic acid produced during fermentation, which slows down the digestion of carbohydrates and it also contains more damaging fiber that slows down digestion.

According to biochemistry, consuming sourdough bread is associated with lower blood glucose concentrations compared to yeast bread due to its unique composition. The fermentation process involved in making sourdough bread produces lactic acid, which contributes to its characteristic taste and texture. Additionally, **sourdough bread often contains more fiber than yeast bread**, which can slow down digestion and absorption of glucose. Some key points related to this topic include:

- **Lactic Acid**: Produced during the fermentation process, lactic acid can help slow down the digestion of glucose, leading to a more gradual increase in blood glucose levels.
- **Fiber Content**: The higher fiber content in sourdough bread can also contribute to slower digestion and absorption of glucose, resulting in lower blood glucose concentrations.

However, contrary to the retarded belief of "fast" and "slow" carbohydrates, this is not a good thing, as any amount of glucose above normal safe levels as maintained by our body and gluconeogenesis is damaging to soft tissues. It's actually better with a quick spike of glucose that is quickly eliminated by a lot of insulin, than a slow and steady onset of glucose that lingers in the bloodstream doing a lot of damage to soft tissues for an extended period of time.

According to physiological and biochemical principles, a quick spike in blood glucose levels that is promptly managed by insulin generally causes less harm than a slow and steady increase in glucose levels that persists in the bloodstream over a prolonged period. This is because insulin helps to rapidly clear glucose from the bloodstream, preventing it from causing prolonged damage to soft tissues.

> *"Sourdough bread resulted in slower gastric emptying and reduced short-term glucose levels, but energy consumption at lunch was similar between the conditions. Energy consumption at lunch (4 hours after breakfast) was the primary study outcome."*

Told you. As bread is loaded with antinutrients and fiber that bind up minerals and proteins, and the fact that all "nutrients" in plants are in the wrong inorganic

chemical form, and thus requires conversation in the body — a process they yields very little in return and also is very toxic — extremely little nutrition could actually be extracted from that retarded breakfast meal. And as we know, what governs hunger and cravings are our nutritional status. If we are low on nutrients, or even experience nutrient deficiencies, we will be hungry all the time. And only real bioavailable and organic nutrients will leave you satiated for longer periods of time. A longer gastric emptying will do nothing for satiety once that stomach is empty again. The little "satiety" you might experience after a slowly digesting meal is only temporary, it's not real satiety.

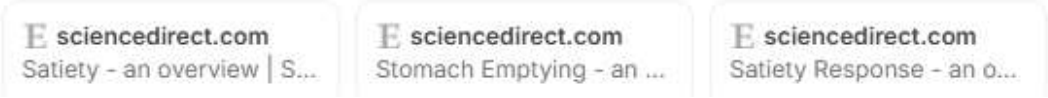
Deficiency-Driven Hunger Pains

According to biological and physiological principles, hunger and cravings are often triggered by one or multiple nutrient deficiencies, particularly in micronutrients, protein, and animal fats. When the body lacks these essential nutrients, it sends signals to the brain, leading to feelings of hunger and cravings.

In biology and physiology, hunger and cravings are natural responses to nutrient deficiencies, particularly from micronutrients and animal fats. When the body lacks essential nutrients, it triggers a physiological response to motivate the individual to consume more food to restore balance. This response is designed to ensure life-sustaining processes continue uninterrupted.

According to physiology and biochemistry, satiety is indeed influenced by gastric emptying and digestion rates. A slow gastric emptying due to slow digestion can lead to temporary feelings of fullness, but this does not necessarily translate to real satiety. **Real satiety, which prevents hunger and cravings, is more closely related to being fully nourished by consuming nutritious foods**.

In conclusion, while slow gastric emptying due to slow digestion may contribute to temporary feelings of fullness, real satiety is a complex process that is influenced by a variety of factors, including the consumption of nutritious foods, the release of satiety hormones, and the overall nutritional content of the diet.



All this should be common sense for anyone who even looked at physiology and/or biochemistry. And thus, retarded studies like these should not even be considered, as you already know and understand the outcome — even more so, if you like me, have coached and worked with people for more than 35 years; working with thousands of clients from all walks of life (and especially within bodybuilding and fitness with fat loss and "energy restriction") and thus with a multitude of different nutritional plans and goals.

So, to conclude, the only way to feel satiated and not having to eat all the time is to make sure that your nutritional foundation is built upon fully bioavailable and nutrient-packed animal-based foods. For us humans, who are obligate hyper carnivores, animal foods are the only source of fully absorbable organic nutrients and also the only way to nourish our bodies. The more you strafe away from that path, the more likely it is that you develop nutrient deficiencies and also a high toxic load, two things that are detrimental to your health and wellbeing.

In other words, if you do not feel satiated and/or if you feel hungry or have cravings during the day, your diet is severely lacking. If you follow our natural human diet of only animal-based foods, you should be more than full and satiated with only two or three meals a day — and you should never experience hunger or cravings, even if you "miss" a meal or two. Actually, I'm good with one meal a day, especially if I have some organ meats or a lot of eggs, but I know I need more to maintain my weight and muscle mass, so I simply eat another meal or two.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

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https://bartoll.se/2025/01/satiety-digestion-nutrients/

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